

Classroom Snacks

Room parties and birthday celebrations frequently bring snacks into the classroom. Sugar sweetened foods, once considered “taboo” for children with diabetes, may be included with careful planning.

Carbohydrate food groups include Grains, Beans and Starchy Vegetables, Milk, Fruit, and Sweets. The type of carbohydrate you eat is not as important as once believed. It is the amount and the spacing of carbohydrates throughout the day that is key to diet control of blood sugar. Sweets may be included if substituted for other foods that contain similar amounts of carbohydrates. To help with substitutions, the amount of a food that contains approximately 15 grams of carbohydrate is considered one carbohydrate food group serving.

Help children learn to celebrate with games, contests, and adventures, instead of focusing on food as many adults do. Celebrate by offering non-food treats, such as stickers, pencils, pens, crayons, and party favors.

When sweets are served, choose ones with healthy ingredients when possible. Sweets that include whole grains and fruits, such as oatmeal raisin cookies or carrot muffins, add fiber and important nutrients.

To encourage healthy eating habits for all children, serve low sugar snacks, such as graham crackers, fruit chunks, and vegetable sticks.

Examples of Snack Substitutions are provided on pages 65-66.

Snack Substitutions

PLEASE CHECK ALL NUTRITION LABELS TO VERIFY THE AMOUNT OF CARBOHYDRATES IN EACH SERVING. If unsure, contact your food service manager.

Snack/Sweet	Serving Size	Carbohydrate Servings*
Brownie: no icing	2 “ square	1
frosted	2 “ square	2
Cake: no icing	2 “ square	1
frosted	2 “ square	2
Candy bar: snack size	1 bar (1 oz)	1
miniatures	3	1
Candy, hard	3 round pieces	1
Chips, potato or tortilla	10-15 chips (1 oz)	1
Chocolate kisses	5	1
Cookie	3 inch	1
Crackers, snack	4-5	1
Cupcake: no icing	1 small	1
frosted	1 small	2
Doughnut: plain cake	1 med (1½ oz)	1½
glazed	3 inch (2 oz)	2
Fruit: canned	½ cup	1
fresh	1 small	1
Fruit juice 100%	4 oz	1
Fruit juice bars, 100% juice	1 (3 oz)	1

*15 grams of carbohydrate = 1 carbohydrate serving

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Snack/Sweet	Serving Size	Carbohydrate Servings*
Fruit snacks, chewy	1 roll (3/4 oz)	1
Gelatin, regular	½ cup	1
Gingersnaps	3	1
Granola bar	1 (1 oz)	1
Graham crackers	3 squares	1
Ice cream	½ cup	1
Frozen yogurt	½ cup	1
Muffin	1 small	1
Popcorn, popped	3 cups	1
Pretzels, mini twists	15 (3/4 oz)	1
Pudding: no added sugar	½ cup	1
regular	½ cup	2
Soda: regular	4 oz	1
diet	4 oz	0
Vanilla wafers	5	1
Vegetables – non starchy	3 cups raw	1
Vegetable juice	4 oz	1
Yogurt, sweetened fruit	1 cup	3

*15 grams of carbohydrate = 1 carbohydrate serving